

# Bariatric Surgery Food Journal

**Bariatric Surgery Food Journal Your Secret Weapon for Success**

So you've taken the plunge and opted for bariatric surgery. Congratulations! This is a huge step towards a healthier, happier you. But the journey doesn't end with the surgery itself. One of the most powerful tools in your postop arsenal is something simple: a bariatric surgery food journal. This isn't just about writing down what you ate; it's about understanding why you ate it, how it made you feel, and ultimately, mastering the art of mindful eating—a crucial component of long-term success after bariatric surgery.

**Food Journal is Essential**

Think of your food journal as your personal weight loss detective. It helps you identify food triggers: Are certain foods causing bloating, discomfort, or cravings? Your journal will help you pinpoint these culprits. Track your progress: Seeing your daily intake visually can be incredibly motivating. It lets you celebrate successes, learn from setbacks proactively, and improve portion control. After surgery, your stomach's capacity is drastically reduced. A journal helps you stay within those limits. Understand your hunger cues: Are you truly hungry, or are you eating out of boredom, stress, or emotion? The journal helps you differentiate. Communicate effectively with your surgical team: Having detailed records allows you to share valuable information with your doctor or dietitian.

**Create Your Bariatric Surgery Food Journal**

You don't need a fancy app or a leatherbound notebook, although those can be fun. A simple notebook, a spreadsheet, or a dedicated app will do the trick. The key is consistency. Aim for daily entries, even if it's just for a few days.

**Here's what to include in each entry:**

- Date and Time:** Keep track of when you eat.
- Meal/ Snack:** Clearly label each entry (Breakfast, Lunch, Snack 1, etc.).
- Food Items:** Be specific. Instead of "salad," write "Mixed greens salad with 4 oz grilled chicken, 1/4 cup cherry tomatoes, and 1 tbsp light vinaigrette."
- Quantity:** Use measurements (ounces, cups, etc.) to track portion sizes. Visual aids like using your hand as a guide for portion sizes can be useful (e.g., a palm-sized portion of protein).
- Protein, Carbohydrates, and Fats:** Estimate or track the macronutrient breakdown if your surgeon or dietitian recommends it. Many apps can help with this.
- Fluids:** Note the amount of water, tea, or other beverages you consume.
- Hunger Level:** Before and after. Use a scale of 1-10, where 1 is starving and 10 is stuffed.
- Energy Level:** How did the meal make you feel? Energetic, sluggish, satisfied, bloated?
- Symptoms:** Note any digestive issues like nausea, vomiting, diarrhea, or constipation.
- Emotions:** Were you stressed, happy, sad, bored when you ate? This is crucial for identifying emotional eating patterns.

**Visual Example: A Sample Journal Entry**

Date/Time	Meal/ Snack	Food Items	Quantity	Hunger Before	Hunger After	Energy
10/26/2023 12:00 PM	Lunch	Mixed greens salad with 4 oz grilled chicken, 1/4 cup cherry tomatoes, and 1 tbsp light vinaigrette	1 cup	5	7	Satisfied

Level Symptoms Emotions 20241027 8am Breakfast 12 cup Oatmeal 14 cup Berries 1 cup  
 37 Energetic None Content Practical Tips for Keeping Your Food Journal Carry a small notebook or use a phone app This allows you to record your food intake on the go Take photos of your meals This is a great visual aid especially in the beginning Be honest with yourself Dont try to hide anything Accuracy is key Review your journal regularly Look for patterns and trends in your eating habits Dont get discouraged if you have a slipup Just get back on track with your next entry Using Technology to Your Advantage Many apps are designed to streamline the process of keeping a bariatric surgery food journal popular options include MyFitnessPal Offers a vast food database and macronutrient tracking Lose It Similar to MyFitnessPal with a focus on calorie counting and weight loss Cronometer Provides detailed macronutrient and micronutrient tracking 3 Remember to choose an app that fits your needs and preferences Some apps integrate with fitness trackers for a more holistic view of your health Key Takeaways A bariatric surgery food journal is a crucial tool for longterm success Consistent recording of your food intake including quantities hunger levels and emotions provides valuable insights Technology significantly simplify the process Regular review of your journal helps identify patterns and make necessary adjustments Dont be afraid to use your journal to communicate with your surgical team Frequently Asked Questions FAQs 1 How long should I keep a food journal Ideally you should keep a food journal for as long as its helpful to you For many it becomes a lifelong habit particularly in the first year following surgery as this is the time for establishing your bodys reaction to new foods 2 What if I forget to record something Dont stress Just record it when you remember Its better to have an incomplete record than no record at all 3 My doctordietitian didnt mention a food journal Should I still use one Absolutely Its a proactive step that can significantly enhance your postsurgical journey Consider showing them your journal at your next appointment 4 How detailed do I need to be The more detail the better However start by focusing on the basics and add more detail as you become more comfortable 5 What if Im struggling to stick to the plan Dont be afraid to reach out to your support system family friends support groups or your surgical team for assistance Your food journal can highlight where youre struggling becomes a tool to improve not just a record of mistakes By consistently using a bariatric surgery food journal youre investing in your longterm health and success Its a small effort with potentially lifechanging results So grab a pen and paper or open your favorite app and start documenting your journey to a healthier you 4

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an indispensable guide to weight loss surgery written by a leading bariatric surgeon today an estimated 44 million americans suffer from obesity for one in five americans diet and exercise simply don't work luckily weight loss surgeries offer a realistic solution that can help people overcome genetics and work toward drastic life altering weight loss as the cofounder of an obesity clinic at houston's methodist hospital dr garth davis has helped hundreds of patients manage the emotional and physical effects of being more than a hundred pounds overweight his successful program was featured on the hit tlc show big medicine in this essential handbook dr davis delivers the expert advice that his patients use to overcome issues surrounding their obesity help shed the weight and regain a healthy

body with anecdotes from real life patients and a complete diet and exercise plan that ensures long term success dr davis shows how anyone can achieve a healthy weight through surgery the expert s guide to weight loss surgery is required reading for anyone seeking a permanent obesity cure

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this journal will help you on your weight loss and health journey track the food you eat workouts total protein and more with this helpful food log in addition to weight loss daily diary track the mood goals sleep quality energy level activity level water intake medications supplements workouts gratitude prompts including something i did well today things that made me smile today to help refocus negative thought patterns to help create stronger coping mechanisms food diary track the food you eat breakfast lunch dinner snacks protein carbs fats calories food trigger tracker write down the food you eat and how you feel in the hours afterwards to track book details 120 pagesmate cover6x9 in sizebuy now

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this book is designed to present a comprehensive state of the art approach to assessing and managing bariatric surgery and psychosocial care unlike any other text this book focuses on developing a biopsychosocial understanding of patients obesity journey and psychosocial factors contributing to their obesity and its management from an integrated perspective psychiatric care in severe obesity takes a 360 approach by covering the disease s prevalence and relationship to psychiatric illness and social factors including genetics neurohormonal pathways and development factors for obesity this book presents evidence

and strategies for assessing psychiatric issues in severe obesity and uses common psychiatric presentations to feature the impact on bariatric surgery and key assessment features for weight loss concluding chapters focus on evidence based psychosocial treatments for supporting patients with weight loss and bariatric surgery and includes educational tools and checklists for assessment treatment and care experts on non pharmacological interventions such as mindfulness cognitive behavioral therapy and nutrition education describe treatment approaches in each modality concluding with pharmacological approaches for psychiatric conditions and eating pathology additional tools in the appendices support clinicians making this the ultimate guide for managing psychiatric illness in patients suffering from severe obesity as obesity continues to grow in prevalence as a medically recognized epidemic psychiatric care in severe obesity serves a vital resource to medical students psychiatrists psychologists bariatric surgeons primary care physicians dietitians mental health nurses social workers and all medical professionals working with severely obese patients

bariatric surgery journal if you re due to have a bariatric surgery or have just had one then this journal is for you it s designed to help you stay on top of your diet and exercise and also monitor other important post operation aspects such as mood weight medication supplement symptoms and more book details 120 pages mate cover 6x9 in size

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